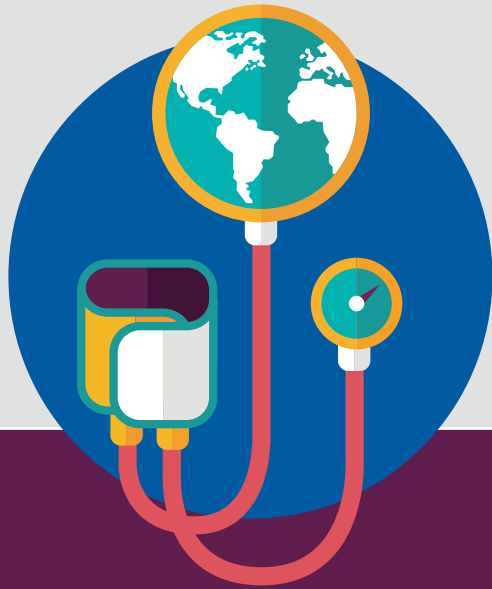


# COMBATING HYPERTENSION

THE LEADING CAUSE OF PREVENTABLE DEATH WORLDWIDE



Hypertension, or high blood pressure, may be symptomless but it kills **9.4 million** people worldwide every year

If untreated, hypertension can cause death or serious health consequences in a number of ways:



HEART ATTACK



STROKE



DEMENTIA



KIDNEY FAILURE



VISION LOSS

## PREVENTION IS KEY!



Eat healthily and reduce salt consumption



Eat more fruit and vegetables



Limit alcohol intake



Don't smoke



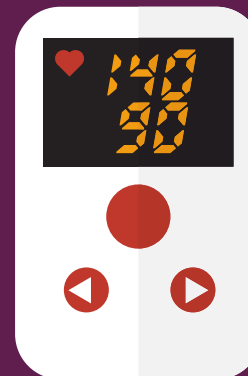
Be physically active



Maintain a healthy body weight

**2/3** of those with hypertension are in developing countries

## KNOW YOUR NUMBERS!



**Only 50% of those with hypertension are aware they have it**

- Check your blood pressure regularly – whether at home, at a clinic, a pharmacy or elsewhere
- If you are being treated for hypertension, take your medicine even when you feel good – follow treatment advice of healthcare professionals